

### ABSTRACT

A method for treating tissue having a surface in an arthroscopic environment of a mammalian body having a body temperature with a probe having a proximal end and an electrode at a distal end. The method includes the steps of providing a warmed irrigating solution having a temperature approximating the body temperature, delivering the warmed irrigating solution into the arthroscopic environment, introducing the distal extremity of the probe into the arthroscopic environment, positioning the electrode adjacent the surface of the tissue and supplying thermal energy to the electrode so as to treat the tissue. The warmed irrigating solution inhibits undesirable heating below the surface of the tissue.

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